

ENJOY OUR TRAINING CENTER!

Specialty Training // November–February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00am- 10:00am CROSSTRAIN		9:00am-10:00am CROSSTRAIN		
		4:15pm-4:45pm North Davidson High School Swim Team Training			
6:00pm-6:30pm Davie High School Swim Team Training		6:00pm-6:30pm Davie High School Swim Team Training			

*Times and dates are subject to change.
For information about Boot Camps, please see a Wellness Coach or a Front Desk Staff Member.

